



Technology and Innovative Solutions Chapter Newsletter

February 2020

President's Message

Hello TISC members,

It is with great pleasure that I'd like to wish each of you a Happy New Year full of peace and success in your personal and professional lives.

Over six months ago, after a successful AGM meeting in Moncton, I took up the presidency of the CCPA's Technology and Innovative Solutions Chapter (TISC). On this occasion, we reviewed our Chapter's performance and achievements, and noted the successful inaugural release of the [Guidelines for the Uses of Technology in Counselling & Psychotherapy](#).

Our meeting renewed our energy, and connections, and laid the groundwork to set new objectives and priorities for the upcoming period, with a commitment to implement them as soon as possible.

As I shared in Moncton, my vision for the upcoming two years is to build on the projects of my predecessors, that is to reinforce the commitment to you our members, to facilitate the ongoing exchange of information between us in order to further develop our capacity to sensibly adopt technology, from an informed perspective, in our professional practices and in our daily lives.

I will also continue to support and guide the expansion of our membership.

Becoming a member of TISC is an opportunity to grow individually while supporting the collective interest of expanding our knowledge and competencies needed to enhance the therapeutic experience of counsellors and clients everywhere. So don't be shy...give us a try!

Finally, you will agree with me that suitable and momentous expertise exists in CCPA. All we need to do is to share it and support each other in our vision. I shall be writing to you again soon to work towards this end.

The late spiritual teacher, Michael Stone, once said, "all we know is that 2020 is not yet written and that we who live at this very moment have the power to write it with every act of our body, heart and speech."

I wish you again, peace, joy, prosperity and health in 2020!

Warmly,

Linda Rombough

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Member Announcements

Technology Guidelines

The Guidelines were released in May 2019! If you have not had the pleasure of reviewing them and the excitement of



using them, please refer to [this link](#). We welcome all feedback as the technology world changes rapidly and we strive to keep up!

E-Mental Health Conference

Upcoming on March 5th and 6th in Toronto is the 9th annual E-Mental Health Conference - Caring in a Digital World: Introducing Disruptive Change to Mental Health Care, featuring keynote speakers: Ian Hickie, Ph.D (Sydney) and John Torous, MD (Boston). This conference has a full 2-day program including workshops! Registration is open [here](#).

Participants Needed: Furthering Online Counselling Knowledge

Andrea Rivera, our Communications Facilitator, is currently completing her M.Ed. in Counselling and is looking for participants for her research. She is working on understanding the development of a working alliance with culturally diverse clients through online platforms that use asynchronous responses (for example email responses). If you are currently using any of these methods and know of any clients interested in participating in the study, please direct them to the following link: <https://forms.gle/KK12mr77LRhFFpqE9>.

The questionnaire is anonymous, contains 6 demographic questions, and 8 open-ended questions. If you have any questions or concerns, please feel free to contact Andrea Rivera at arivera@unb.ca.

Indigenous Circle Chapter Social Media Guidelines

Our friends at the Indigenous Circle Chapter (ICC) have wisely put together Guidelines for the Chapters' use of social media and intentions to communicate with members and non-members alike, through abiding and respecting the Seven Grandfather Teachings: Wisdom, Love, Respect, Bravery, Honesty, Humility, and Truth. We are lucky to share some of these with you as we work to also abide by and respect these teachings.

Wisdom – *to cherish knowledge is to know wisdom.*

To share the knowledge, experience, understanding, common sense, and insight of the Indigenous mental health profession with our members and followers.

Love – *to know love is to know peace.*

To love, respect, and support our members and the work they are doing to improve the quality of life and well-being in our Indigenous communities.

Respect – *to honour all of creation is to have respect.*

To use language that is respectful to all communities and nations.

Bravery – *to face life with courage is to know bravery.*

To stay connected to our members and followers, enabling us to stand up for the best of others so we can promote a peaceful and kind environment.



Honesty – to walk through life with integrity is to know honesty.

To communicate and share information with integrity and in an ethically and culturally appropriate way.

Humility – to accept yourself as a sacred part of creation is to know humility.

To show sensitivity towards others, respecting their way of doing things and listening to them.

Truth – to know all these things.

To speak our truth and use our traditional teachings as the foundation for supporting our members, followers, and the work we do as Indigenous mental health professionals.

We encourage you to reflect upon these teachings and their application to the social media world. Thank you to the [Indigenous Circle Chapter](#) for sharing! If you have any further questions or comments, please connect with us on social media or connect with the ICC directly!

Truth and Reconciliation

CCPA and the Chapters have discussed how CCPA can be a leader in conversations and actions around Truth and Reconciliation. The TISC has suggested an appropriate land acknowledgement on the webpage, connected with the Indigenous Circle Chapter, and will continue to grow and learn alongside CCPA. Check out the [TRC](#) page and our [webpage](#).

Member contributions and professional development

Upcoming Training with TherapyOnline

Training for providing synchronous and asynchronous therapy options is important to ensure responsible and informed practice. Upcoming workshops and courses are available online and across Canada. Check them out [here](#).

Get Involved!

We want you to get involved in the innovative and exciting discussions about how to lead our fellow CCPA members in technology use and its application to our practice!

If you would like to volunteer with the Chapter, there are many opportunities to share your research, projects, and skills in the community. Please email TISinfo@ccpa-accp.ca to get involved.